

# Corn chowder - Dairy free

**Serves 2**

## Ingredients

- 1 teaspoon oil*
- ½ onion, diced*
- ½ carrot, diced*
- 1 cup fresh/frozen corn kernels*
- 1 clove garlic, crushed*
- ½ stock cube or ½ teaspoon stock powder*
- 1 ½ cups water*
- ⅓ cup soy cream*
- 2 tablespoons finely chopped parsley*

## Method

1. Heat oil in a large saucepan.
2. Add onion, carrot and corn to saucepan and cook over a medium heat, stirring regularly until softened.
3. Add garlic and cook while stirring for a further minute.
4. Add stock cube, water and soy cream and bring to a gentle simmer for approximately 20-30 minutes.
5. Remove from heat. Use a ladle to evenly divide chowder between serving bowls, then garnish with parsley.

## Variation







- For a smooth textured chowder, blend until smooth before serving. Remember to garnish with parsley.

## Nutrition

- Corn contains dietary fibre which helps to keep things moving in your digestive tract.
- The bright yellow colour of corn means that it is rich in nutrients that are especially good for your eyes.



## Equipment

-  Cutting board and knife
-  Ladle
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Wooden spoon

## Preparation and cooking skills

Chop, dice, stir, simmer.